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Entertainment

It's ... the story of Monty Python
pg 17



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Vaccinations begin

Pregnant women urged not to wait as H1N1 shots are given

Flu Outbreak

PAUL MCLEOD
paul.mcleod@metronews.ca

Mass H1N1 immunization kicks off today in Nova Scotia with health workers and limited members of the public receiving vaccines.

The first public clinics are also opening today in Truro and Elmsdale. Clinics in the Halifax Regional Municipality open next Monday, but some local pregnant women may not want to wait that long

Nova Scotia will receive a shipment of unadjuvanted vaccine specifically for pregnant women by next week, earlier than initially expected. But the province's chief medical officer Robert Strang said yesterday women in the second half of pregnancy should immediately get the regular adjuvanted vaccine.



Dr. Robert Strang

"In the latter stages of pregnancy they are at significant risk of serious disease and bad outcome for themselves and their baby," Strang said.

"I recommend women in the latter stages of their pregnancy not wait even a week for unadjuvanted vaccine."

The difference is the adjuvanted vaccine contains a boosting agent. Strang said both are safe for pregnant women and the unadjuvanted option is just an extra safety step. However, Strang said waiting without getting vaccinated is more dangerous. Women in the first 20 weeks of pregnancy are not at as high a risk.

The province has so far received two vaccine shipments totalling 104,000 doses. Another 56,000 doses are expected tomorrow.

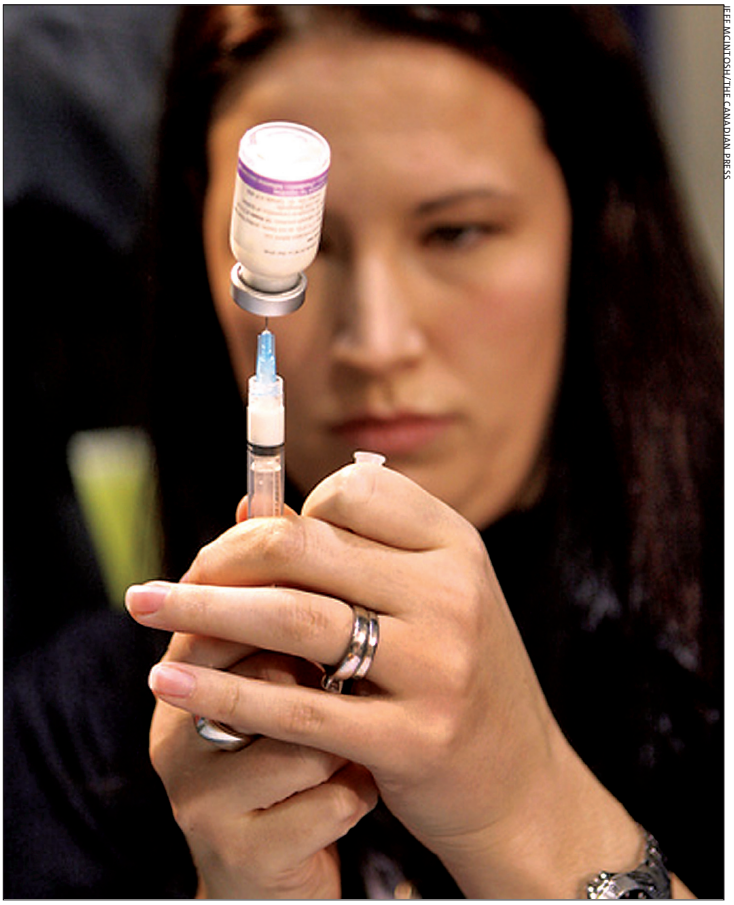
Meanwhile, more signs of a second H1N1 wave are popping up. Strang said lab-confirmed cases are growing and more information would be available today.

Education officials said 15 schools across HRM have seen spikes in absentee rates among teachers and students. While they can't say how many are due to H1N1, some schools have seen absences as high as 20 to 30 per cent.

The province's 811 information number has also seen a large jump in use.

"There's been a significant increase in the number of calls to 811," said Health Minister Maureen MacDonald.

"We're pleased. This is why we have 811 in place. It's a very good resource."



JEFF MCINTOSH/THE CANADIAN PRESS

Community Health nurse Amy Beck fills a syringe with H1N1 vaccine in Calgary. The national vaccination program began yesterday. More coverage, pages 6, 10.

Provincial PC party switches date for leadership vote

POLITICS Nova Scotia's Progressive Conservatives have ratified an official date for their 2010 leadership convention, and it's a week before what they originally announced.

During a weekend meeting in Windsor, the party executive committee selected Oct. 29 and 30, 2010 as the dates for the convention to take place at the Cunard Centre in Halifax, a PC release issued yesterday said.

The Conservatives had announced in September a convention date of Nov. 5 and 6, 2010.

The party's leadership post was vacated by former premier Rodney MacDonald after a decisive NDP victory in last June's election. The position is now held on an interim basis by Karen Casey.

METRO HALIFAX

Economy Shoe Shop gives its back end the boot

NIGHTLIFE If you've been to the Economy Shoe Shop recently you may have wondered where the rest of it went.

The iconic downtown Halifax bar has shut down its entire back section and owner Victor Syperek said more changes are coming.

"We hate to see it go, but I wouldn't do it if I didn't have to," he said.

The Shoe Shop has been leasing the back area from developer Louis Reznick, who owns the old Sam the Record Man building on Barrington Street. Syperek said Reznick was keeping the back portion of the bar on a month-to-month lease since the spring.

As the weather grew cooler the back area became too cold for customers. Syperek said he didn't want to spend money on a heating system if their lease could be pulled at any month, so after October, he will not be paying for the space any longer.

"He (Reznick) has some vague plan to totally renovate Barrington Street," Syperek said. "I have no idea what his plan is. Ask him."

Reznick couldn't be reached for comment by late yesterday.

The bar is losing capacity for about 60 people plus two party rooms for private functions. But upcoming renovations to should open up the main area.

"By redoing the bathrooms we can open up quite a bit of space and we're going to gain about 40 seats back," Syperek said.

PAUL MCLEOD/METRO HALIFAX

News on the Move

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Trudeau: The ladies behind the leader



World pg 8

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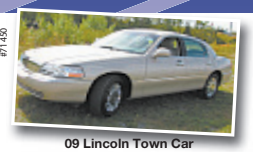
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SCANLIFE

Local



Ramp closure begins today

Motorists, take notice. Starting today through to Nov. 6, there will be a full street closure of the northbound ramp to Barrington Street from Cogswell Street in downtown Halifax. A release from the Halifax Regional Municipality said yesterday the work is required routine maintenance and it must be done to maintain the interchange until council decides its future. The release also advised motorists to use alternate routes. METRO HALIFAX



Councillor's son charged after assault

CRIME An 18-year-old Halifax man is facing charges of assault causing bodily harm and breach of an undertaking following an incident on LeMarchant Street in Halifax early Saturday morning.

Police say the victim was approached around 1:30 a.m. by the suspect who asked for a cigarette. When the male victim refused, police say he was allegedly punched to the ground and kicked in the face. Police say the man was taken to hospital with non-life-threatening injuries, while the 18-year-old was arrested without incident.

Luke Patrick Uteck, son of Northwest Arm-South End Coun. Sue Uteck, was in Halifax provincial court yesterday facing the charges and was released on conditions with his next court apperance set for Dec. 26.

Luke Uteck is also before the courts on other charges stemming from two separate incidents on July 26.

METRO HALIFAX

Atlantic Canada faring better: Report

RECESSION Atlantic Canadians are weathering the global economic storm better than the rest of the country, says a report from the Atlantic Provinces Economic Council.

According to the report released yesterday, Atlantic Canada saw a very slight second-quarter decrease in retail sales (of 0.3 per cent), compared to a drop of 5.2 per cent nationally.

"There have been fewer full-time job losses and stronger wage growth in the Atlantic Region," said David Chaundy, senior economist with APEC, in a release.

Chaundy noted, however, the recession has affected consumer spending in certain sectors, such as sales of new motor vehicles, home furnishings and clothing.

METRO HALIFAX

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Mayor pans transit report

Document recommends increase in parking fees, bridge tolls

MONIQUE MUISE
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A new municipal transit report hasn't even been discussed in Halifax regional council chambers, but Mayor Peter Kelly is already making his opinion of the document perfectly clear.

"I don't see this moving forward, and I couldn't support it the way it is currently presented," Kelly told Metro yesterday afternoon. "I have some real concerns."

The report, compiled by an independent consulting company, details how transit ridership is expected to rise over the next five years — and what the city can do to keep pace. It includes several suggestions that are sure to become contentious, including increasing parking fees and bridge tolls for motorists to help pay for a public transit makeover.


Peter Kelly

"It will be an uphill battle from the public perspective in terms of charging extra taxes or fees," Kelly said, adding that he'd rather see the NDP fork over some of the profits from the provincial gas tax to help upgrade the city's transit system.

At street level, the public reaction to the report was mixed.

"I'm all for it," said Ben Hirtle, who sat waiting for a bus on Barrington Street. "I think Halifax could be a lot friendlier to cyclists and pedestrians, and we need better mass transit alternatives."

Hirtle said he mainly commutes using his bike and the bus, and thinks a lot of others would do the same if it were easy and cheap.

"Build it and they will come," he said.

Others, however, were more skeptical.

Jen Steele, who recently moved to Nova Scotia from Edmonton, said she doesn't think hiking prices for motorists is fair, and she would likely keep driving regardless.

"It won't make a difference," Steele said as she fed coins into a downtown meter. "We tried that in Alberta, and it hasn't even affected the use of public transit. People like their privacy."

The municipal transit report is scheduled to come up for discussion during today's council meeting.

Your thoughts?

- Do you think motorists should help pay for more public transit? Why or why not? Send us your tweets at @metrohalifax.

Fire forces evacuation of seniors' residence

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BLAZE A few dozen seniors and some shaken pets were huddled on a downtown Halifax sidewalk late yesterday morning after a fire forced the evacuation of their apartment building.

The fire at the Joseph Howe Manor on Victoria Road started in resident John Blanchard's fifth-floor apartment around 11:15 a.m. Firefighters were able to contain it before it could spread.

Blanchard has limited mobility and uses a wheelchair, but he managed to make his escape with help from a neighbour who pushed him and his pomeranian dog, Cuddles, onto an elevator.

"The end of my (lit) cigarette fell off, and I hadn't noticed it," Blanchard explained as he sat barefoot near the building's front entrance. "All of a sudden, the place starts to fill with smoke. I threw water on it, but it wasn't enough."

According to Halifax Regional Fire spokesman Dave Meldrum, there was some smoke damage to the interior of the building, but no one was injured.

"Given the nature of this building as a seniors' residence, some of the firefighters kept the residents in their apartments depending on their mobility challenges," Meldrum said. "We did designate one of the stairwells and did remove some of the residents that way."


RYAN TAPLIN/METRO HALIFAX

A firefighter sprays water through a busted-out window on the fifth floor of Joseph Howe Manor yesterday. The fire was contained to the apartment and no one was injured. However, many residents of the seniors' building had to be evacuated.

Meldrum would not confirm if a cigarette had started the fire.

Debbie McKenna, who works in the building as a homecare worker, said she and her elderly client were the first ones out when they heard the alarm.

"When something like this happens, most of (the residents) stay in their apartment," McKenna said. "They don't take it seriously because the alarm goes off so often."

Blanchard, a retired lawyer, has lived in the 175-unit building for about eight years. He said he would stay at a friend's house until his apartment is repaired.

Comfort centre

- About 20 residents remained in a comfort centre set up by the Red Cross on the building's first floor until the cleanup could be finished.
- It was expected that most would be back in their apartments by early evening.

Officers didn't know Hyde was schizophrenic, inquiry hears

CORRECTIONS Two Nova Scotia corrections officers did not know Howard Hyde had schizophrenia nor that he had been Tasered by police a day earlier, an inquiry into the man's death heard yesterday.

Ian Prall and Peter Lloyd came in contact with Hyde on Nov. 22, 2007, at the Central Nova Scotia Correctional Facility in Burnside, where the 45-year-old was being held on an assault charge. Hyde died at the facility some 30 hours after he was Tasered up to five times as he tried to escape a police station in downtown Halifax.

In a grainy video played at the inquiry yesterday, Lloyd can be seen walking with Hyde and gesturing for him to head down a long corridor alone where other officials, who are not visible, are waiting to take him to a court appearance.

Lloyd testified the paranoid schizophrenic, who was not handcuffed, refused to walk down the hall because he believed something "bad" was going to happen. When Lloyd repeated his request, he said Hyde began to grow "mildly agitated."

Lloyd testified he was unaware Hyde had schizophrenia and he had been off his medication.

But he said having that knowledge wouldn't have changed the way he communicated with Hyde.

"I don't know what else I could have done," Lloyd said. THE CANADIAN PRESS

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WHAT'S ONLINE TODAY

Your Money Allan Small details how the fortunes of the U.S. and Canadian dollar impact North American markets at **metronews.ca/investing**



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Authors help launch Literary Luncheon

Three of Nova Scotia's most renowned authors are helping to launch the inaugural Literary Luncheon series tomorrow at the Halifax Club from noon to 2 p.m. Donna Morrissey, Ami McKay and Lesley Crewe will read from their work, participate in a panel discussion and answer audience questions. METRO HALIFAX

Premier sees opportunity in energy feud

PAUL McLEOD
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Nova Scotia may be able to benefit from an energy feud between Newfoundland and Labrador, New Brunswick, and Quebec, Premier Darrell Dexter said yesterday.

Quebec Hydro's rumoured attempt for a multibillion-dollar takeover of debt-riddled New Brunswick Power has caused ripples across Atlantic Canada.

Newfoundland and Labrador Premier Danny Williams has threatened to take the Crown corporations to the competition bureau or even court to block the takeover. He worries Quebec would monopolize New Brunswick's pipeline infrastructure to funnel its energy to New England, shutting out Newfoundland.

Yesterday Dexter was asked whether he had similar concerns for this province, but he looked at it differently.

Dexter said he shares Williams' trepidation but the corridor through New Brunswick isn't the only option.

"If we can convince Mr. Williams that there is an alternative to that route then, in fact, could turn out to be good for Nova Scotians," he said.

That alternative route?

"I don't think there's any question it could go right through Nova Scotia and right off the end of Nova Scotia down to New England."

Dexter said there have traditionally been doubts about whether a Nova Scotia corridor would be economically feasible but analysts have recently told him that it could be.

Ceremony **Poppy campaign**



RYAN TAPLIN/METRO HALIFAX

Les Nash, president of the Nova Scotia/Nunavut Command, pins a poppy on Ramona Jennex, minister for Service Nova Scotia and municipal relations, during a ceremony at Province House yesterday afternoon. The presentation is done each year at the start of the Legion's annual Remembrance Day poppy campaign.

News in brief

EDUCATION A public forum focusing on how our current teaching methods don't encourage critical thinking for students will take place tonight in Halifax. Titled No Child Left Thinking — Testing, Accountability, and the Threat to Canadian Democracy, the event features keynote speaker Dr. Joel Westheimer from the University of Ottawa. Local panelists including Canadian Teachers' Federation president Mary-Lou Donnelly and April Howe-Diplock, chair of the African Nova Scotia Advisory Committee with the Halifax Regional School Board. Tonight's event begins at 6:30 p.m. and will take place at the Bell Auditorium of the Nova Scotia College of Art and Design.

METRO HALIFAX

Two sections of Berlin Wall loaned to SMU

CONFERENCE Reminders of the Cold War have been temporarily removed from downtown Truro.

Two sections of the Berlin Wall were moved yesterday to Saint Mary's University in Halifax. They will be used as a focal point of a conference examining the legacy of the wall's fall that occurred 20 years ago next month.

"It's a milestone year really," explained owner Marty Young, who was more than willing to provide the sections of the wall when contacted by the university a few weeks ago.

"I just thought it would probably pass by again … without too much media attention," he said of the anniversary.

The sections of the wall will be located in front of the main door entering the university's McNally Building on Robie Street. They will remain in Halifax until Nov. 9 when they are brought back to Truro.

TRURO DAILY NEWS

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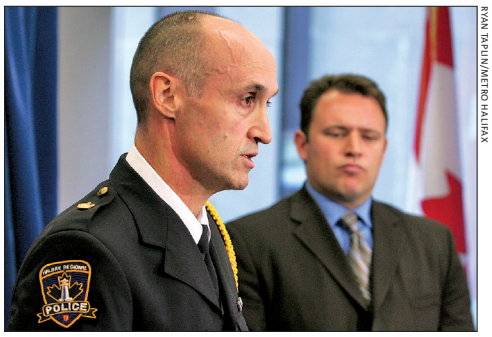
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vancouver 2010 GMC OFFICIAL VEHICLE

RCMP promoting a safe Halloween

Some school children will get a refresher course on Halloween safety this week. The RCMP in Halifax are visiting several local schools in the Halifax Regional Municipality to promote a safe Halloween. Some of their tips include not trick-or-treating alone, and wearing brightly coloured costumes at night. METRO HALIFAX



RYAN TAPLIN/METRO HALIFAX

Halifax Regional Police Supt. Don Spicer speaks to reporters as Rob Moore, parliamentary secretary to the minister of justice, listens at a press conference yesterday. The Tories are proposing tighter parole rules for non-violent offenders.

Toughening parole rules

HRP backs Tory plan to axe early release for non-violent offenders

ALEX BOUTILIER
for Metro Halifax

Halifax Regional Police Supt. Don Spicer called yesterday's announcement that the federal Tories will seek to reform the parole process for non-violent offenders "a great step ... towards public safety."

At a press conference in Halifax yesterday, Rob Moore, a parliamentary secretary to Justice Minister Peter Van Loane, said the government "plans to fix the problem in the parole system that allows the early release of criminals."

Currently, those convicted of non-violent crimes, such as fraud or identity theft, are eligible for parole after serving one sixth of their sentence through a process called accelerated parole review. Moore said the government plans to respond to concerns raised by victims' groups and police associations to move towards a system based on earned parole.

"There has been growing concern in our community about offenders not serving their full sentence," Spicer said. "The elimination of accelerated parole review will help reassure citizens that the time served by offenders of non-violent crimes is commensurate with the harm inflicted on the victims and the community at large."

Van Loane said yesterday the change would cost $60 million, which he described as a bargain compared to how much fraudsters steal. WITH FILES FROM THE CANADIAN PRESS

The H1N1 virus is here.



What would you need to know to **get vaccinated?**

That you're going to catch it? That you'll spread it to others? That some of them won't get better?

The best way to protect yourself, your family, and your community from H1N1 is to get vaccinated.

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NOVA SCOTIA

Homeless at greater risk of early death: Study

Canadians living in homeless shelters and rooming houses have a much shorter life expectancy than the general population — and poverty is not the only factor contributing to their premature deaths, researchers conclude. THE CANADIAN PRESS

Canada



Blind Algerian granted residency

Abdelkader Belaouni, a blind Algerian man who was made to feel like a "loser" when he was rejected from Canada because he had no family or job, says he's a "winner" and he'll prove it now that he's been allowed to stay in the country. That moment of triumph came after he spent almost four years holed up in a Catholic church. THE CANADIAN PRESS

Tories tied to Quebec scandal

SCHEME The Harper government risks being sucked into a political scandal raging in Quebec with the revelation that a top Conservative organizer and senator had ties to key players.

The Canadian Press has learned that Tory Senator Leo Housakos worked politically with now-disgraced Montreal politician Benoit Labonte from about August 2008 to February 2009. Labonte has alleged that there was an elaborate kick-back scheme to finance Montreal municipal political parties. He insists he never did anything illegal, but acknowledged he made ethical lapses while in city politics. THE CANADIAN PRESS

Additive-free vaccine on way

Ottawa importing H1N1-fighting shots for pregnant women

Flu Outbreak

Canada is importing adjuvant-free H1N1 vaccine from Australia for pregnant women, hoping to be able to offer that product sooner than if it waits for unadjuvanted vaccine from Canada to make it through the licensing process.

Health Minister Leona Aglukkaq announced yesterday she signed an interim order that will allow 200,000 doses of adjuvant-free vaccine from CSL Ltd. to be used in this country.

The CSL vaccine should be available starting next week, said Dr. David Butler-Jones, head of the Public Health Agency of Canada.

"We have heard the concerns about pregnant women about having to wait for an unadjuvanted vaccine and we have been working very hard on providing it earlier, given they have always been considered a priority group," Aglukkaq said at a news conference in Ottawa.

CSL doesn't have a licence to sell flu vaccine in Canada but the product is licensed in Australia and the United States.

Pregnant women are at higher risk from flu viruses in general and this virus in particular. As a consequence, the World Health Organization has urged countries to put them near the front of the line for vaccination efforts.

The WHO has also recommended that because there are no studies on the use of adjuvanted vaccine in pregnant women, that countries should provide pregnant women with vaccine without adjuvants if that is an option. An order for unadjuvanted vaccine was placed after the main order, and that product requires a separate licence. THE CANADIAN PRESS

Adjuvant

- Most of Canada's 50.4 million doses of H1N1 vaccine will contain an adjuvant, an additive that boosts the immune system's response to the vaccine.

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Woman heard shots: Testimony

MOUNTIE DEATH A witness has testified she heard six gunshots shortly after the man accused of killing a Mountie left her home in Hay River, N.W.T.

Emrah Bulatci is charged with first-degree murder in the death of RCMP Const. Chris Worden on Oct. 6, 2007.

She testified that Bulatci, 25, had been dealing crack cocaine from her home that morning. The woman testified that after Bulatci left the house around 5 a.m., she heard six gunshots outside, though she admits they could have been echoes. THE CANADIAN PRESS

Feds won't pay whistleblower's legal fees

POLITICS The Harper government is refusing to pay the legal bills of a federal official whose warnings of possible torture in Afghan jails sparked a political storm, The Canadian Press has learned.

The Foreign Affairs Department gave preliminary approval to Richard Colvin's request to use an independent lawyer in September.

But it now says it won't pay the first set of bills until his lawyer discloses to the Justice Department who she has been talking with in relation to the case — something that could be a breach of ethical rules.

His pleas for the department to reconsider and to also give its final blessing for his use of an outside counsel have been turned down.

It's the latest development in an escalating dispute between the federal government and the diplomat-turned-intelligence officer, who has signalled he has relevant information about what military police knew — or didn't know — about the possible abuse of prisoners by Afghan authorities.

Colvin opted last summer to retain his own lawyer rather than rely on the Justice Department's stable of attorneys and, under federal guidelines, Ottawa is obliged to cover the cost.

But the government has now demanded to see the "accounts" and detailed notes compiled by his lawyer, Calgary-based Lori Bokenfohr. The accounts would detail the names of who Bokenfohr has been speaking with in relation to Colvin's case. THE CANADIAN PRESS

Warnings

- Richard Colvin warned the federal government in writing early in 2006 that Afghan prisoners faced the possibility of torture. However, senior federal ministers denied ever seeing his reports and former chief of defence staff, Gen. Rick Hillier, said he "doesn't recall" reading them.

Parliament **Flash mob**



SEAN KILPATRICK/THE CANADIAN PRESS

A protester is dragged out of Parliament after disrupting question period in the House of Commons on Parliament Hill in Ottawa yesterday. The protest was part of a Climate Flash Mob which included upwards of 200 youth fighting for climate action.

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Weather bumps up insurance claims: Experts

CLIMATE CHANGE Harsh weather whipped up by climate change has caused insurance claims to surge as more and more flash floods, hail storms and hurricanes wallop the Canadian landscape, industry experts say.

And — thanks to global warming — there's more of that to come, a conference in Montreal was told.

Martin-Eric Tremblay of the Co-operators Group Ltd. said that insurance companies now expect to pay out claims on catastrophic events four times more often than they did in the 1980s.

Weighing the risks of natural disasters has become part of daily operations for insurance firms, he said.

"Years ago we were not even thinking about having hurricanes on the shores of the Atlantic (provinces)," Tremblay, Co-operators' senior vice-president, said. THE CANADIAN PRESS

McGunity to announce five-year kindergarten plan
Premier Dalton McGuinty will announce today that it will take Ontario five years to phase in plan to offer all-day kindergarten. THE CANADIAN PRESS

No signs of Mob ties to stimulus: Van Loan

Minister moves to distance feds from Quebec scandal

Canada's public safety minister says there's no evidence of federal stimulus money going to the Mob amid sensational reports from Quebec of Mafia-related collusion in the construction industry.



"If there are any cases where anyone suspects any kid of fraud like that, they can go to the police and raise them."
Peter Van Loan, public safety minister

The comments from Peter Van Loan come amid allegations that construction companies work together to drive up the cost of public-works projects, threaten companies that don't participate, and give commissions to the Mafia

The construction scandal has rocked Quebec, but organized-crime experts say it's a common practice wherever the Italian Mafia operates.

The reports come with Ottawa and the provinces showering billions on construction projects in the biggest infrastructure spending spree in Canadian history.

But Van Loan, the minister responsible for the RCMP, says there's been no indication of federal infrastructure money being sucked up in such a scheme.

"I am unaware of any concerns like that raised in any particular infrastructure cases," Van Loan said yesterday.

"If there are any cases where anyone suspects any kind of fraud like that, they can go to the police and raise them."

At the same time he moved to distance the federal government from the scandal, noting that Ottawa does not directly hand out stimulus dollars to construction companies.

"The bulk of the infrastructure money we've been providing is through federal-provincial arrangements to municipalities. Municipalities are generally governed by provincial laws for tendering," Van Loan said.

Concerns have also been raised in U.S. news reports about the Italian Mafia clamouring to get their hands on a piece of American stimulus cash. But the scandal has reached an unparalled intensity in Quebec. It has tossed the current Montreal mayoral race into disarray, with the incumbent administration fending off a flood of corruption allegations and the main opposition party also tainted by the scandal.

THE CANADIAN PRESS

Vancouver **Schlock jocks**



STIG NIELSEN/FOR METRO CANADA

Performers, The Great Orbax, right, and Sweet Pepper Klopek practise tongue-trapping yesterday at the PNE in Vancouver. On Halloween night, the brothers will attempt to break the Guinness World Record for most mousetraps released on the tongue over one minute during the Monsters of Schlock show.

Cell ban in Ontario begins

LAW To hear the Ontario government tell it, the driver of the future would no sooner pick up a cellphone while behind the wheel than travel down the highway without a seatbelt on.

That was the expectation laid out yesterday as the province joined the growing ranks of Canadian jurisdictions banning the use of handheld devices while driving.

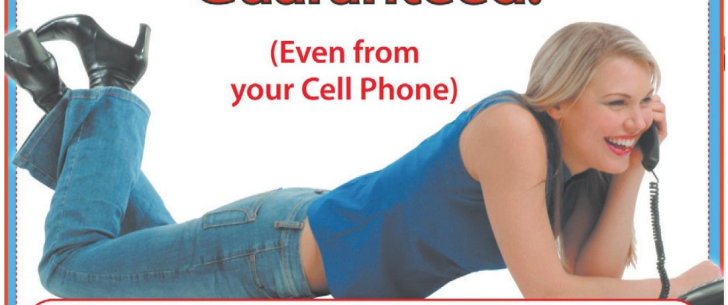
"There was some early resistance to seatbelts and to other legislation and rules of the road. They are now common practice," Transportation Minister Jim Bradley said as he launched an education campaign to get drivers on board with the new rules.

"That's what we want to see happen with this legislation."

Millions of motorists in the country's most populous province are now banned from using any hand-held electronic devices to text, email or talk while driving, unless it's a 911 call or the driver has safely pulled off the road.

THE CANADIAN PRESS

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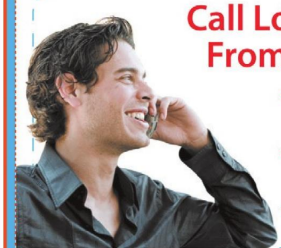
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Colombia..... 3.9 ¢	Iraq..... 4.9 ¢	Libya.....24.9 ¢	Trinidad..... 4.9 ¢
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School, then sailing around the world

A 14-year-old Dutch girl who hopes to become the youngest sailor to circumnavigate the globe solo said yesterday she will wait until the school year ends before starting her attempt. THE ASSOCIATED PRESS

World

Castro's sister reveals in book she spied for CIA

One of Fidel Castro's sisters says in a memoir released yesterday that she collaborated with the CIA against her brother, starting shortly after the United States' failed Bay of Pigs invasion of Cuba in 1961.

Juanita Castro, 76, initially supported her brother's 1959 overthrow of the Batista dictatorship but quickly grew disillusioned. In a Spanish-language memoir published by Santillana USA and co-written by journalist Maria Antonieta Collins, she says the wife of the Brazilian ambassador to Cuba persuaded her to meet a CIA officer during a trip to Mexico in 1961.

Castro said in the book, My Brothers Fidel and Raul. The Secret Story, that she travelled to Mexico City under the pretense of visiting her younger sister Enma. There she also secretly met a CIA officer who identified himself as "Enrique."



Juanita Castro

Castro said that during the hotel meeting, she expressed her concerns that those who supported Batista's overthrow but were not communists were being pushed out of the new government. Castro writes she agreed to help the CIA gather information but refused to accept money for her efforts and said she wanted no part in any violence.

"Enrique," whom Castro says she later learned was a CIA officer in Cuba named Tony Sforza, then asked her to smuggle messages, documents and money back into the country hidden in canned goods.

Castro said she remained on the island while her mother was alive, believing she was protected from the full wrath of Fidel. Her mother died in 1963 and she fled Cuba the following year, eventually settling into a quiet life in Miami, where she ran a pharmacy until 2007 and is generally well regarded by other Cuban exiles.

Fidel, she wrote, was not initially a hard-line communist like their brother Raul and fellow revolutionary Ernesto "Che" Guevara, but that Fidel turned to communism to maintain power.

THE ASSOCIATED PRESS

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Saudi king waives woman's flogging sentence

RIYADH Saudi Arabia's king waived a flogging sentence on a female journalist charged for involvement in a risque TV show, the second such pardoning by the monarch in recent years.

Rozanna al-Yami was charged with helping co-ordinate a talk show featuring a man describing his active sex life.

Though the charges were dropped, a judge ordered the flogging as a "deterent." In 2007, the king waived a flogging sentence against a rape victim for being alone in a car with an unrelated man shortly before she was attacked. THE ASSOCIATED PRESS

News in brief

MALAYSIA An official says 22 Malaysian schoolchildren are feared drowned after they fell into a river when a bridge they were walking on collapsed yesterday. The national news agency Bernama says the students were under 13 and on a camping trip.

TEXAS Jury selection began yesterday in the first criminal trial stemming from the raid of a polygamist sect's ranch. Raymond Jessop, 38, is charged with sexual assault of a child, stemming from his alleged marriage to an underage girl.

THE ASSOCIATED PRESS







Company aims for another Titanic expedition

The company that has exclusive rights to salvage the Titanic wants to make another expedition to the world's most famous shipwreck in 2010. RMS Titanic Inc.'s expedition would be the first by the salvor since 2004, though two other expeditions have been to the site since then, including one by Titanic film director James Cameron. THE ASSOCIATED PRESS

DEA agents among dead in Afghan crashes

Helicopter crashes mark deadliest day for U.S. in Afghanistan in four years

A U.S. military helicopter crashed yesterday while returning from the scene of a firefight with suspected Taliban drug traffickers in western Afghanistan, killing 10 Americans including three DEA agents in a not-so-noticed war within a war.

Four more troops were killed when two helicopters collided over southern Afghanistan, making it the deadliest day for U.S. forces in this country in more than four years.

U.S. military officials insisted neither crash was believed a result of hostile fire, although the Taliban claimed they shot down a U.S. helicopter in the western province of Badghis. The U.S. did not say where in western Afghanistan its helicopter went down, and no other aircraft were reported missing.

The casualties marked the Drug Enforcement Administration's first deaths since it began operations here in 2005. Afghanistan is the world's largest producer of opium — the raw ingredient in heroin — and the illicit drug trade is a major source of funding for insurgent groups. The U.S. has decided to target production and distribution networks after programs to destroy poppy fields did little except turn farmers against the American-led NATO mission.

Obama won't rush decision

- U.S. President Barack Obama pledged yesterday not to "rush the solemn decision" to send more troops to battle in Afghanistan as he weighs military options on what to do next in the troubled war. "I won't risk your lives unless it is absolutely necessary," Obama told service men and women at Naval Air Station Jacksonville in Florida. He promised a "clear mission" with defined goals and the equipment needed to get the job done.

NATO said the helicopter containing the DEA agents was returning from a joint operation that targeted a compound used by insurgents involved in "narcotics trafficking in western Afghanistan."

Eleven Americans, including another DEA agent, and 14 Afghan security troops were wounded in the crash, NATO said.

It was the heaviest single-day loss of U.S. life in Afghanistan since June 28, 2005, when 19 U.S. troops died, including 16 on an MH-47 Chinook helicopter that was shot down by insurgents.

The crash came less than a week after a UN report found that the drug trade is enabling the Taliban to make more money now than when they ruled Afghanistan before the 2001 invasion.

Elsewhere yesterday, Nangarhar province Gov. Gul Agha Sherzai survived an assassination attempt after a gunman fired automatic weapons at his convoy. THE ASSOCIATED PRESS

Chamber files suit over climate hoax

WASHINGTON The U.S. Chamber of Commerce filed a civil complaint yesterday against members of the liberal activist group Yes Men who staged a news conference to announce falsely that the three million-member business federation had reversed its position and favoured costly climate change legislation. As part of its hoax on Oct. 19, Yes Men announced at the National Press Club that the chamber would stop advertising against the U.S. Senate's 800-page climate bill. Reuters moved a story based on the false press release, and both CNBC and Fox Business Network reported it, with the anchors correcting themselves mid-story upon learning it was false.

THE ASSOCIATED PRESS

Earth still warming, not cooling

CLIMATE CHANGE An analysis of global temperatures by independent statisticians shows the Earth is still warming and not cooling as some global warming skeptics are claiming.

The analysis was conducted at the request of The Associated Press.

Talk of a cooling trend has been spreading on the Internet, fuelled by some news reports, a new book, and temperatures that have been cooler in a few recent years.

The statisticians, reviewing two sets of temperature data, found no trend of falling temperatures over time.

U.S. government data show that the decade that ends in December will be the warmest in 130 years of record-keeping and 2005 was the hottest year recorded.

THE ASSOCIATED PRESS

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Comment

How babes ran 24 Sussex

NationalReport
Lawrence Martin
metronews.ca/nationalreport

Pierre Elliott Trudeau used to complain, as most leaders do, about journalists trying to pry into his personal life. It's none of our business, he'd say. And most of us agreed, shied away and gave him a break, as we did with John F. Kennedy.

But when you read the new Trudeau bio, Just Watch Me: The Life Of Pierre Elliott Trudeau 1968-2000 by John English, you understand why there are those who say we ought to stretch our noses.

The book's big breaking story, in a nutshell, is How the Babes Ran 24 Sussex. There's Margaret and Margot and Barbra and Kim and Gale and Liona — and I'll stop there.

The book might well have been called "Just Watch Them." They impacted PET's election timing, his grand strategies, his moods, his decision-making. In 1977, the Liberals had a big lead in the polls and we in the fourth estate wondered why the PM didn't push ahead with a campaign. Now we find out. The story was: Maggie Puts Kibosh On Campaign. She stressed Pierre out so much that it cracked his vaunted mental discipline. He couldn't focus enough to run an election. He waited until 1979 and lost to Joe Clark.

This isn't sensational.

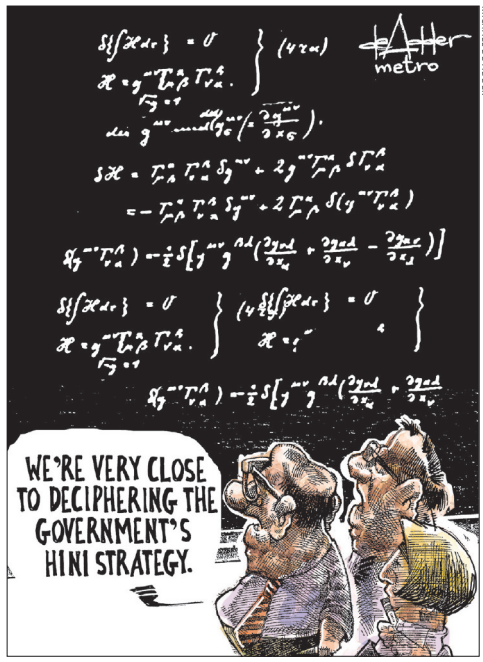

Pierre Elliott Trudeau

It relates how actress and peacenik Margot Kidder helped convince the PM to launch one of his major initiatives — his international peace mission of the early 1980s. In talks at a black-tie dinner in Washington, she lit into Ronald Reagan's senior troglodytes with all kinds of anti-nuke volleys. Trudeau urged her on via a thigh squeeze for every direct hit. Many observers have said Trudeau was Canada's Kennedy. This books adds another point of comparison. Each leader was unremittingly flirtatious and each leader got a great break from the reticent media.

Are wives and romances fair game for the fourth estate. Judging from this book they should be. The power behind the throne can't be ignored. Just recently we saw how Laureen Harper masterminded her Stephen's variety show coup — the piano and song act at the Ottawa gala. There was no attempt to hide that news.

But nothing can quite match the work of Aline Chrétien. While her little guy was fast asleep one night, she awoke in time to find an intruder at the bedroom door, knife in hand. She may well have saved his life. Just another example of gal power.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

eHealth technology requires precautions

InStep
Christine Williams

Proponents of eHealth argue that if other regions of the world have made significant strides in eHealth technology, what's wrong with Canada? Caving in to what everyone else is doing is an injudicious argument. Although we cannot be left out of the globalization loop, we need to proceed with caution.

While an eHealth record system will improve time efficiency, wait times, and patient safety (by lowering the risk of drug interactions), scrutiny and diligence are necessary as we move forward. There are big bucks to be made by individuals and enterprises, aggressively driving this venture, yet we must learn from the eHealth debacle in Ontario where more than $1 billion was wasted through lack of oversight, broken rules and decadent consultant contracts.

Health Canada has added $500 million to the $2 billion given to the Canada Health Infoway to revolutionize Canada's health records. While this sounds great, it is estimated that Canadians will have to pay at least $23 billion in capital and operating costs over the next decade. Although touted as an economic stimulus to create jobs, according to a Canadian Business Online report, most of this money will be stuffed into the coffers of U.S. multinational corporations, providing the sophisticated eHealth record software. Given tough economic times and our strained health-care system, many argue that money will be better spent for drugs, senior care and additional health-care staff, at least until we come up with an efficient plan of eHealth implementation.

Another consideration: Privacy assurances. Who could forget the 11,500 patient files that were skimmed by a hacker from the AHS Edmonton network in May. No one really knows how far information went, nor the potential long-term effects of such a privacy violation to the patients involved.

A major report released in Britain by Joseph Rowntree Reform Trust has actually called for the NHS patient database to be scrapped altogether, citing flawed data — which can be hazardous in emergency situations — and breaches in European data protection and rights laws. The report suggested sensitive data should be stored locally rather than in national systems to minimize risk. Other countries are facing similar anomalies with patient databases. We need to learn from this.

The progress of eHealth in Canada must not be driven by greed or a need to keep up with global counterparts, but instead by patient interests, health-care efficiencies and long-term costs. For this to happen effectively, caution and public scrutiny are our first lines of defence.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

Flu ad directs readers to travel, shopping site

An Ontario newspaper ad promoting the H1N1 flu shot instructs Ottawa Citizen readers to consult a government website in order to find the nearest location for the free inoculation.

Flu Outbreak

Problem was, the website address in the ad published yesterday directed readers to a discount travel and shopping Internet site.

Progressive Conservative MPP Lisa MacLeod discovered the gaffe after constituents phoned her office wondering what the deal was. "I found out about this because the father of two children was trying to find information about clinics," she said. "Parents are rightfully nervous about what is happening. And instead this massive slip-up occurred."

The large advertisement features Dr. Arlene King, Ontario's chief medical officer of health, urging the public to "don't risk it" and get the H1N1 shot.

For the "most current information about H1N1 flu and the clinics near you" readers are told to: visitontario.ca/flu. But this link is for www.payless.ca — a website that features discount travel deals and sells computers, flat panel TVs and major household appliances.

TORSTAR NEWS SERVICE

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47% The number of Canadians who have cut back on other expenses to cover the rising cost of commuting to work.

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Quebec moving to shield pensions of ex-Nortel employees
The Quebec government said yesterday that it will move to try and safeguard the remaining pension assets of 3,750 Nortel employees in the province if their pensions are terminated while the company is under bankruptcy protection. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
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US 1.35¢	US 27.4¢	US 1.82¢	147.25

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Merchants fear high fees for new debit cards

RETAIL Canada's debit card market is in turmoil as payment processors begin "aggressively marketing" new Visa and MasterCard debit cards to retailers, a leading merchant organization says.

The retailers fear the credit card companies' entry into Canada's $168-billion debit market will mean higher fees for them.

"We've been overwhelmed by calls from small merchants," said Diane Brisebois, president and chief executive officer of the Retail Council of Canada. "We can't believe some of the stories we're hearing."

Canada's debit market is currently dominated by Interac, a low-cost, non-profit member-owned association, which charges merchants a flat fee per transaction.

The Canadian Federation of Independent Business said it's receiving complaints from members who are confused because the new debit products are being introduced at the same time as the CHIP-enabled card readers.

TORSTAR NEWS SERVICE

China **Unexpected growth**



EUGENE HOSHIKO/THE ASSOCIATED PRESS

A man walks under an advertisement in Shanghai, China. Chinese Vice-Premier Li Keqiang said yesterday the country's recovery is stronger than expected but Beijing will continue its looser lending policies to support growth.

Carney chides bankers for bucking reforms

Global leaders are determined to fundamentally reform the world's financial systems despite the disappointing push-back coming from some bankers, Bank of Canada governor Mark Carney said yesterday.

"The leaders have decided about the big initiatives and we will put them in place," he told a conference in Montreal.

Despite the complexities of the issues being addressed, the world's central bankers, regulators and finance ministers are determined to institute the reforms agreed upon by world leaders, Carney said.

Carney said he and other bank governors are disappointed by some of the actions taken by global bankers, including large bonuses being paid by some before financial systems have solidified.



Mark Carney

"Is it a good idea to pay big bonuses when at the same time there is a shortage of capital?" Canada's top central banker said. "Maybe regulators will decide."

It's the latest tough talk from Carney, who said last week that the Bank of Canada would use the tools at its disposal — including intervention in the currency market, if necessary — to keep inflation within the target range.

That was interpreted as the latest in a series of warnings that Canada's central bank would move to squelch currency speculators from bidding up the loonie and putting the economic recovery at risk.

THE CANADIAN PRESS

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Business in brief

AIR TRAVEL Air Canada president Calin Rovinescu says the airline should gain new revenue after Continental Airlines joins the Star Alliance traffic-sharing program today. The new partnership with the world's fifth-largest airline will add 77 new destinations for Air Canada customers and provide the Montreal-based airline with more money.

INTERNET Rogers is teaming up with Michael Eisner, a former chairman of Walt Disney Co. who is setting up a new web video studio. Rogers will have the exclusive Canadian rights to future projects from the new company, called Vuguru.

THE CANADIAN PRESS

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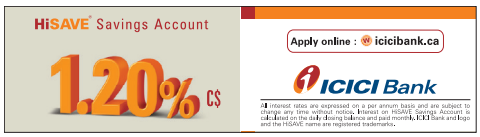
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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Limits of tax-free accounts

MoneyMatters



Q I am a resident and citizen of Canada. I have four grandchildren who live in the U.S. Can I open Tax Free Saving Accounts for them and can it hold U.S. stocks?
— Eleanor

A To open a TFSA, you must be at least 18 years old, a resident of Canada and a have a valid social insurance number. Your grandchildren are out of luck.

Investments holdings mirror a RRSP and include foreign content holdings that contain many eligible U.S. stocks. However, unlike a RRSP, contributions are not tax deductible.

On Oct. 16, the federal government closed some TFSA loopholes, including:

- Value in Swap transactions: Asset transfers between registered or non-registered accounts to a TFSA will now incur tax.
- Intentional overcontributions: Income from "intentional overcontributions" will be taxed at 100 per cent. Overcontributions in error, should be immediately rectified to reduce penalties by CRA.
- Income from investment in non-qualifying and prohibited investments: Income earned from non-qualifying investments will be taxed at 100 per cent.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Money the deal breaker

AlisonOnMoney



Not long ago the deal breaker in a relationship was infidelity. In fact, when Nevada's 1950s quickie divorce law came into being the only recognized grounds for a marital split were infidelity and extreme cruelty.

Today breaking up legally is easy, no reason required. But increasingly the cause for relationship founder is financial discord.

If you find that hard to believe take a gander at the just released results of a couples and money survey commissioned by Credit Canada and Capital One.



Here are some of the high … err… lowlights:

- More than a third of couples commit to a relationship without having an open discussion about money.
- 86 per cent of couples admit to fighting about money — small wonder when you consider the above point.
- The bickering isn't occasional either; more than a third disagree about money regularly.

Women and men aren't just battling over spending, they have radical differences in their approach to most things financial. For example:

- Nearly half of those in relationships don't believe they have the same philosophy about financial issues as their partners.
- Men's worst money fear is not being able to retire. Women's worst money fear is not being able to pay for their kids' education.

And here's where you see the rot setting in:

- Nearly one third of women and 27 per cent of men lie to their partner about how much they spend.
- The partner who is not in control of money management is 55 per cent more likely to hide debt from their significant other.
- In 40 per cent of relationships troubled by money, one or the other person believes their spouse will not talk openly about financial issues.

If you're interested in how well you and your mate suit each other on the money front, try out Credit Canada's compatibility test, crediteducation weekcanada.com.

You have to do it together, so let this be the first step in ending the relationship financial divide.

Alison's Money Rule:

- Ever wonder if you'd make a good match? Don't look to the stars for an answer; instead check out your financial compatibility.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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'Painting Away Pain' by ©Anne Camozzi

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Time to invest in U.S. companies

Investing



There seems to be a clear pattern that has developed with the U.S. and Canadian stock markets during this most recent massive rally off the market lows: A weak U.S dollar and the North American market rises (followed by many of the world's stock markets). A strong dollar and the markets tend to fall.

One main reason for this is that much of this rally has been led by commodities, oil and gold. These products are valued in U.S. currency and thus more of them can be purchased if the U.S. dollar is weak, driving their prices higher.

There are other sectors that have participated in this rally such as technology companies and banks, but these too have followed a similar pattern.

As investors, we are always trying to take advantage of fluctuations in the stock market that may be outside the normal range. Right now, the Canadian dollar is trading well above its historical range. We also have a situation where the earnings coming out of the United States appear better than expected.

There are estimates that $3 trillion are still sitting on the sidelines waiting to move into this market when opportunity arises. My recommendation in this environment would be to invest in U.S. multinational companies or U.S. companies that pay good dividends that are showing a competitive edge in their sector. With a strong Canadian dollar well above the 85 cent average, this is the part of the market that is outside the norm that can be taken advantage of at this time.

"There are estimates that $3 trillion are still sitting on the sidelines."

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Soccer boss denies delay caused violence
French football league president Frederic Thiriez has denied that postponing Marseille's match against Paris Saint-Germain at late notice after swine flu concerns arose, was the catalyst for widespread violence erupting in Marseille's city centre. THE ASSOCIATED PRESS

Sports



AC Milan confident of Beckham's return

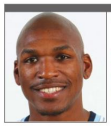
David Beckham's return to AC Milan on loan from the Los Angeles Galaxy in January is nearly "100 per cent" certain, the Serie A club's CEO Adriano Galliani said yesterday. Beckham, left, has long been linked with a second loan spell at Milan, after performing well in a six-month stay with the team last season. Beckham, who wants to return to Europe to maintain his place in England's 2010 World Cup squad, has helped the Galaxy reach the eight-team MLS playoffs for the first time in four years. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Pieces fall into place

Rainmen will re-sign fan-favourite forwards

ALEX BOUTILIER
for Metro Halifax



"The goal is a title. If we don't get a title I think we'll fall short (of expectations)."
Eric Crookshank

The Halifax Rainmen officially re-signed forwards Eric Crookshank and John Strickland for the 2010 season at a press conference yesterday.

The two fan favourites were in good spirits in a cramped boardroom at the team's corporate office in downtown Halifax, as team owner Andre Levingston and head coach Les Berry handed them folders containing the one-year deals.

"Crookshank is a very talented, athletic forward who brings great leaping ability and will provide a very entertaining tempo to the team," Berry said in a release. "Strickland is a player who will be counted on for much needed experience."

Strickland is returning to the Rainmen for a second year, while Crookshank has been with the Rainmen since their inaugural 2007-08 campaign.

Crookshank, the face of the franchise in Halifax, again has high expectations for the club going into the new Premier Basketball League season in January.

"The goal is a title. If we don't get a title I think we'll fall short (of expectations)," Crookshank told Metro after the media conference. "Going to the playoffs, that's OK, but it's like I can get an A in this class, but I'll settle for a C. We want an A."

Crookshank is also hopeful the team will continue to build on its fan base that averaged 2,811 per game last season.

"A lot of people love the energy, they love to come out. It's one of the best tickets in town," he said. "I would say at least 2,000 more fans this year."

NFL Eagles vs Redskins



MANUEL BALCE CENETA/THE ASSOCIATED PRESS

Philadelphia Eagles wide receiver DeSean Jackson escapes the grasp of Washington Redskins cornerback Carlos Rogers and scores during the first quarter of the NFL game last night.
For a full recap of the game visit www.metronews.ca/sports

Herd coach to head N.S. team in 2011

HOCKEY Halifax Mooseheads assistant coach Chris Donnelly has been named the head coach of Team Nova Scotia's men's hockey team for the 2011 Canada Winter Games in Halifax.

Troy Ryan of the Maritime Junior A Hockey League's Halifax Lions and Aaron Rice, bench boss of the Nova Scotia Major Midget Hockey League's Cape Breton Tradesmen, are Donnelly's assistants.

On the ladies side, Dalhousie Tigers women's hockey coach Lesley Jordan is the head coach. Her assistants will be Chris Larade, an assistant coach with the St. Francis Xavier X-Women and Ron Watkins, an assistant coach with the MJAHL's Bridgewater Lumberjacks.

METRO HALIFAX

Owner agrees to sell Coyotes to NHL

HOCKEY Phoenix Coyotes owner Jerry Moyes has agreed to sell the bankrupt franchise to the NHL.

The agreement, which still must be approved by Judge Redfield T. Baum, was announced in U.S. Bankruptcy Court yesterday after lawyers met for more than an hour during a recess in a status hearing on the case. Former coach Wayne Gretzky, who has a $22.5-million claim in the case, has not agreed to the deal.

Moyes' lawyer says the decision to make a deal came largely because the costs of running the team in bankruptcy were coming out of the league's $140-million offer.

NHL deputy commissioner Bill Daly says that once the deal closes, the league will immediately look to sell the team, preferably to an owner who will keep the club in Arizona. THE CANADIAN PRESS

m.metronews.ca
Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Sports in brief

NHL Montreal Canadiens' Roman Hamrlik scored on goalie Martin Biron during overtime to give the Habs a 3-2 win over teh New York Islanders. The win pushed the Canadiens into 8th place in the Eastern Conference. For a complete recap of yesterday's NHL games visit www.metronews.ca/sports
THE CANADIAN PRESS

Melnyk steps up for skiers

SKI Alpine Canada is hoping a fundraising initiative launched yesterday resolves an immediate financial need ahead of the Vancouver Olympics, and plants the seeds of future growth for years to come.

The country's governing body for ski racing is offering 3,000 memberships available via the website win2010.ca at a price of $100 each, the first 300 of which were bought by Ottawa Senators owner Eugene Melnyk.

The money raised is being ear-marked, in part, for a special planned camp at Whistler, B.C., just before the Games begin, although ski team officials already have the 2014 Olympics on their mind.
THE CANADIAN PRESS



Weekend Rap
To stay up-to-date throughout the season with the Toronto Raptors in particular and the National Basketball Association in general, visit John Chick's Weekend Rap at **metronews.ca/weekendrap**

NBA Preview

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Revamped Raptors

Only three players remain from last season after Colangelo's overhaul

Chris Bosh, Jose Calderon and Andrea Bargnani pose with menacing glares in an ad campaign for the upcoming Toronto Raptors season, the only three familiar faces from this time last year.

But the picture could get fuzzy over the coming months as Bosh heads into a season of uncertainty and the Raptors may be seeing the last of their team captain and poster boy.

Opener
- The revamped Raptors open the season at home to Lebron James and his Cleveland Cavaliers tomorrow.

The six-year veteran appears poised to join an illustrious free agent group this coming off-season that could include LeBron James and Dwyane Wade.

Questions about the fate of the Raptors' franchise player are sure to swirl around the team as it tries to bounce back from a dismal 2008-09 season — and just how well it can do that will go a long way in determining what jersey Bosh will be wearing come this time next year.


LUCAS OLENIUK/TORSTAR NEWS SERVICE

Toronto Raptors president and CEO Bryan Colangelo sits in his office at the Air Canada Centre in downtown Toronto. After a disappointing 2008-09 season, Colangelo overhauled the team.

"The team failed miserably last year," said Raptors GM Bryan Colangelo. "There was no one more embarrassed than me."

The Raptors missed the playoffs, and as soon as they trudged off the court following their final game Colangelo got to work. He signed head coach Jay Triano to a contract extension — the Canadian was named interim coach after Sam Mitchell was fired in December, but had been able to do little more than to try to plug the dam.

He toughened up the team by trading Jason Kapono for bruiser Reggie Evans, acquired all-star and all-around player Hedo Turkoglu, who's known for poise under pressure when the clock's winding down, and selected swingman DeMar DeRozan — whose dunking ability has already drawn comparisons to Vince Carter — with the No. 9 pick in the draft.

By the time training camp opened only Bosh, Calderon and Bargnani remained from the previous year's camp roster.

"(Triano) and I talk all the time about how if we were going to walk into last year's gym and pick three guys and let's change everything, it would be the three guys that we've chosen," Colangelo said.

THE CANADIAN PRESS

Canuck ballers go for quality over quantity

PERRY LEFKO
for Metro Canada

For a game that was invented by James Naismith, basketball is not exactly overflowing with Canadians when it comes to the National Basketball Association, though there is some interesting talent, including one in the head coaching ranks.

Steve Nash has been Canada's NBA poster boy in recent years. The South African-born, Victoria-raised point guard is entering his 14th season in the NBA and has already cultivated a career that will one day make him a sure-fire hall of famer. Twice he has been voted the NBA's Most Valuable Player and he is a six-time all-star. The only aspect of his career that is missing is an NBA championship.

While Nash has been battling a bad back in recent seasons, he still plays major minutes in games and is arguably the best pure passer in the game. Last year, he set a personal-best record in free-throw percentage making .933 of his attempts.

One of Nash's former national team head coaches is Jay Triano, who this year will commence his first full season in the NBA after an abbreviated season last year with the Toronto Raptors. Triano has been with the organization since 2002 when he was hired as an assistant coach and made history in the process as the first Canadian hired in that position. Last year, he became the first Canadian head coach in NBA history when he filled in temporarily for Sam Mitchell, who took a leave of absence because of the death of his father-in-law. The Raptors later fired Mitchell and made Triano the interim head coach, but after the season the team removed the interim tag and signed him to a long-term deal.


Steve Nash

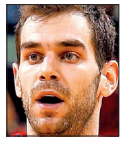
The NBA has some other interesting Canadian angles. Toronto-born centre Jamaal Magloire is entering his 11th season in the NBA and with his eighth team, the Miami Heat, which signed him last season.

The Heat have another Canadian product in Montreal native Joel Anthony, a forward who is entering his third NBA season. While largely a backup, Anthony started in 28 of the 65 games he played and doubled his minutes from his rookie season. Anthony has played for Canada's national team.

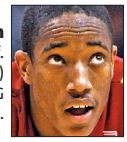
The other Canadian in the NBA is Samuel Dalembert, a brawny centre with the Philadelphia 76ers. The Haiti-born, Montreal-raised player is entering his eighth season in the NBA, his entire career played in Philadelphia. He has proven his durability, playing every game the last three seasons and averaging about nine rebounds per game.

2009-10 Toronto Raptors

Projected starting five



Jose Calderon
FROM Villanueva de la Serena, Spain
LAST SEASON .497 field goal %, .406 three point %, 8.9 assists per game, 12.8 points per game
TRIVIA Helped Spain win 2006 FIBA Worlds.



DeMar DeRozan
FROM Compton, Calif.
LAST SEASON (University of Southern California) .523 FG%, 5.7 rebounds per game, 13.9 PPG
TRIVIA Was able to dunk by sixth grade.



Hedo Turkoglu
FROM Istanbul, Turkey
LAST SEASON (Orlando Magic) 5.3 RPG, 4.9 APG, 16.8 PPG
TRIVIA NBA signing was a national event in Turkey



Chris Bosh
FROM Dallas, Texas
LAST SEASON .487 FG%, 10.0 RPG, 22.7 PPG
TRIVIA In 2003-04, set franchise record for most rebounds in a rookie season with 557.



Andrea Bargnani
FROM Rome, Italy
LAST SEASON .409 3Pt%, 5.3 RPG, 15.4 PPG
TRIVIA Joined Andrew Bogut (Australia) and Yao Ming (China) as the only international No. 1 picks

5 teams to watch during the 2009-10 season

Portland Trail Blazers — The Trail Blazers were everyone's darlings a year ago and they responded with a drive to the playoffs. Now the real work begins as they try to join the elite teams in the West and they won't be able to sneak up on anyone.

Washington Wizards — The hits just keep on coming for the Wizards, who get oft-injured Gilbert Arenas back, but will start the season with Antawn Jamison on the shelf. They added depth with Randy Foye and Mike Miller for new coach Flip Saunders.

Memphis Grizzlies — Watch 'em if you're the type that likes a train wreck because the possibility exists. Toss shot-happy Zach Randolph and Allen Iverson into a mix that includes O.J. Mayo and Rudy Gay and this could get ugly fast.

Oklahoma City Thunder — Are the Thunder this year's Trail Blazers? Kevin Durant is a unique talent, with plenty of good young teammates around him like Jeff Green and a good young coach in Scott Brooks. This could be the up-and-coming team to watch this season.

Miami Heat — With all the changes of teams in the East, the Heat were strangely silent, not giving Dwyane Wade any real help. Michael Beasley has had off-the-court issues, Jermaine O'Neal could very well get injured and Miami could be in for a long year.

TORSTAR NEWS SERVICE

SPECIAL FOCUS ON:
Cosmetic Procedures

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Supersize me

Forget adding a bit of oomph — these days, U.K. women are opting for massive implants

ELISABETH BRAW
Metro World News



DENNIS GUYTT/ISTOCKPHOTO.COM

Bigger is apparently better: British women are now choosing to get much larger implants.

Emma Lindley decided she was tired of her small breasts. So last year, she got implants — but not discreet ones. Lindley chose to go from an A cup to a D cup.

"I didn't feel feminine in most clothes, particularly bikinis and dresses," says Lindley, a 26-year-old Londoner. "And because of my small breasts, I lacked confidence, which affected everyday life. I felt underdeveloped and like a boy."

Lindley is part of a larger trend. "Women used to come to us asking for implants that kept their natural look," says Dr. Nilesh Sojitra, a plastic surgeon at London-based clinic Mybreast, where Lindley had her surgery. "Now more and more women want very large implants. They've heard that a DD or E cup is good, so that's what they ask us for."

According to Cloverleaf Medical, a leading British distributor of breast implants, sales of its largest implants have increased by 20 per cent over the past five years.

Aesthetics are by no means the only factor to consider when deciding upon implant size. In a discussion of breast implant surgery on its website, plasticsurgery.ca, the Canadian Society of Plastic Surgeons notes that "in general, the larger the implant, the greater the risk of complications."

Breast implants are also becoming more popular across the board: Last year, the number of such surgeries in the U.K. increased by 30 per cent from 2007.

"All women want a fuller look nowadays," explains Dr. Douglas McGeorge, a plastic surgeon and former President of the British Association of Aesthetic Plastic Surgeons. "Especially women in their late teens or early 20s, who haven't fully developed their breast tissue, now ask for implants."

When Sojitra asks his patients to try on an E cup bra, some change their minds. "But many choose very large implants, whether they look natural or not," he notes.

Surprise! Women have sex for many reasons



There's been quite a fuss kicked up in recent weeks over a new book called Why Women Have Sex: Understanding Sexual Motivations. Authors Cindy M. Meston and David M. Buss spent five years grilling more than 1,000 women about why they have sex and discovered that — surprise! — women have sex for a lot of reasons. Some do it out of duty, some for fun, some for money and some to relieve menstrual cramps (endorphins released through orgasm temporarily relieve pain).

I'm not sure why this is such a revelation to everyone. Just as women eat for reasons beyond survival, and shop for reasons beyond making sure their children don't go to school naked, they have sex for a variety of reasons, which range from the lofty to the less-than-honourable to just plain boring. Of course, it's fascinating to examine the why behind the reasons we do a lot of things in life, and sex should be no exception. To this end, the book is an interesting read.

Marrying the anecdotal with the scientific, the authors conclude women choose to have sex with symmetrical men with deep voices for evolutionary reasons, in order to ensure healthier offspring. They do it to stop their partners from cheating. They do it to get stuff, be it money or help with household chores. And sometimes, yes, they simply do it for kicks.

It's nice to see the debate go beyond the old simplistic "women do it for love, men do it mostly for physical gratification" theory that so often gets bandied about.

But why only scrutinize women's sexual motivations? The authors argue that women's reasons are more complex, in part, because women can get pregnant and therefore must be more selective about why and with whom they have sex. I'm sure there's some truth to that. But I can guarantee, even without doing five years of research, that, if they're honest about it, men have sex for just as many different reasons.

In the press release for the book, Meston says that the research "could help increase empathy and sexual communication between partners, and between men and women."

It seems to me that as long as we keep making female sexuality more and more complex, while we continue to talk about men's desire as if it's just like a light switch waiting to be flicked on, we're moving in the opposite direction.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Things that go crunch in the night ...

Ghoulish Goodies: Creature Feature Cupcakes, Monster Eyeballs, Bat Wings, Funny Bones, Witches' Knuckles, and Much More!, by Sharon Bowers, is a colourful selection of frightful foods that will delight children and the young-at-heart alike. THE CANADIAN PRESS

Food

Pumpkins aren't just an icon of Halloween. They also are a sign of healthy eats. Like carrots, pumpkins are loaded with the antioxidant beta-carotene, potassium and fibre. Plus, with only 49 calories per 250 ml (1 cup) cooked, this tasty squash is a great fit for a healthy diet.

THE ASSOCIATED PRESS



EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

In brief



DECORATING TIPS If you're looking for easy, no-recipe-needed Halloween treats, these creeped-out cupcakes are an eerily good choice. Both ideas are from Matthew Mead's Monster Book of Halloween. **Vampire Cupcakes:** Bake up a batch of your favourite cupcake recipe or prepare a boxed mix according to package directions. Alternatively, most bakeries (even those in grocers) will sell unfrosted cupcakes if asked in case you want to do only the fun part — the decorating. Once the cupcakes have cooled, frost them with white cake frosting. Use black gel icing (the sort sold in tubes in the baking aisle) to draw a bat on top of each cupcake. Use a toothpick to make 2 holes (bite marks) near each bat, then drizzle red gel icing into each.

THE ASSOCIATED PRESS

Cheesy, chicken bites



Marinated Mozzarella Cubes

MAKES 12 SERVINGS

INGREDIENTS:

- 1 lb (500 g) mozzarella cheese, cut into 1-in. (2.5 cm) cubes
- 1 jar (7 oz/207 ml) roasted red peppers, drained and cut into bite-size pieces
- 6 fresh thyme sprigs
- 2 garlic cloves, minced
- 1 1/4 cups (300 ml) olive oil
- 2 tbsp (25 ml) minced fresh rosemary
- 2 tsp (10 ml) Italian seasoning
- 1/4 tsp (1 ml) crushed red pepper flakes
- Bread or crackers

METHOD:

1. In 1-qt (1 L) jar with tight-fitting lid, layer one-third of cheese, peppers, thyme and garlic. Repeat layers twice.
2. In small bowl, combine oil, rosemary, Italian seasoning and pepper flakes; mix well. Pour into jar; seal and turn upside down.
3. Refrigerate overnight, turning several times. Serve with bread or crackers.



Chicken Kiev

Chicken Kiev

SERVES 6

INGREDIENTS:

- 1/4 cup (50 ml) butter, softened
- 1 tbsp (15 ml) minced chives
- 1 garlic clove, minced
- 6 boneless skinless chicken breast halves
- 3/4 cup (175 ml) crushed cornflakes
- 2 tbsp (25 ml) minced fresh parsley
- 1/2 tsp (2 ml) paprika
- 1/3 cup (75 ml) buttermilk

METHOD:

1. In small bowl, combine butter, chives and garlic. Shape into 3-in. x 2-in. (7.5 cm x 5 cm) rectangle. Cover and freeze until firm, 30 minutes.
2. Flatten chicken breasts to 1/4-in. (0.5 cm) thickness. Cut butter mixture crosswise into six; place one piece in centre of each chicken breast. Fold long sides over butter; fold ends up and secure with toothpick.
3. In shallow dish, combine cornflakes, parsley and paprika. Place buttermilk in another shallow dish. Dip chicken into buttermilk, then coat evenly with cornflake mixture.
4. Place chicken seam side down in greased baking pan. Bake, uncovered, at 425°F (220°C) 35-40 minutes or until no longer pink. Remove toothpicks before serving. Serve over rice.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**



LiquidAssets

Peter Rockwell



metronews.ca/liquidassets

Braaains...

Have you seen the YouTube video 'Happy Halloween From Michael McDonald?' Picture the former Doobie Brothers frontman leading a bunch of way too old trick-or-treaters door to door to the tune of Taking It To The Streets.

It's hilarious and reminded me that age is only a number when it comes to celebrating All Hallows' Eve. Of course nowadays I'm less about the candy and more about a liquid treat and Oct. 31 is the perfect day for a Bloody Mary or two.

A few years ago I made a pilgrimage to Harry's New York Bar in Paris — the place where vodka first met tomato juice back in 1921 — to learn more about the classic cocktail. The secret is the spirit. Harry's bartender prefers **Russia's Stolichnaya Vodka ($23.58 - $26.48)** because of its rustic texture. Since it's almost Halloween, I think **Crystal Head Vodka ($51.00 - $74.95)** from Newfoundland would be more appropriate.

Conceived in the mind of Ghostbuster Dan Aykroyd; it shows off a sophisticated, lightly sweet flavour that just happens to come wrapped in one spooky skull-shaped bottle.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

You're invited!

Public meeting

Building a better future for Canada's children: The need for public child care

391-G.608

A GREAT PLACE TO GROW
PUBLIC CHILD CARE

The verdict has long been in — a public system blending early childhood education and child care (ECEC) delivers high quality programs for children and families. What would that system look like? What can we do to push governments to act?

Canada's private approach to child care has produced a patchwork of unplanned programs that vary in quality, affordability and availability. This approach has sparked an alarming trend: the growth of for-profit child care.

Join us for an evening forum to discuss — and act on — building a public child care system. You'll hear from one of the authors of a newly-released book on ECEC — *About Canada: Childcare*. Martha Friendly, director of the Childcare Resource and Research Unit in Toronto, and Susan Prentice, associate professor of sociology at the University of Manitoba, will join local CUPE and community child care activists, including a representative from the Child Care Advocacy Association of Canada (Jody Dallaire, chair or Susan Harney, vice-chair), to share their vision for a better future for ECEC — and Canada's children.

Thursday, October 29 at 7:00 pm — Room SB 260 (Sobey Building), St. Mary's University, Halifax

Contacts: Karen Wright..... 455-4180
Michelle Cohen 455-4180

CUPE / Canadian Union of Public Employees

Braeden is back
Weeks after announcing his departure from The Young and the Restless, Eric Braeden is back and — as he puts it — "ready to kick ass" as Victor Newman. Contract negotiations between Braeden and the show broke down this fall. TVGUIDE.COM

Entertainment



Financial loss
50 Cent has lost "a few million" in the current recession. The rapper said his financial endeavours — particularly buying and selling diamonds — have taken a hit.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Python looks back

Filmmakers present an exhaustive portrait of comedy troupe

AMBER RAY
Metro World News

Monty Python: Almost the Truth (the Lawyer's Cut), the six-part retrospective celebrating 40 years of silly walks and odes to lumberjacks by the irreverent British comedy troupe, is at times reverential and revelatory, celebratory and silly.

But the one thing filmmakers Bill Jones (son of Python Terry Jones) and Ben Tillman definitely did not want their documentary to be is — as Jones puts it — "a—kissing."

"The main thing we wanted to do was make sure we weren't sucking up to them too much," Jones adds.

"So we stick it in them a couple times."

"We wanted to be irreverent in a sense like they are," Tillman completes the thought.

The pair have known each other since the age of 4, and in 1998 formed the film company Bill and Ben Productions, working on films about the Sex Pistols and the Clash, among others.

"We open the film with taking a p— (at the Pythons)," Tillman continues, "and then ..."

"Well it's also a bit easier to do that when they're a bit rude about each other as well," Jones chimes in. "They don't really care."

> **"We wanted to be irreverent in a sense like they are."**
> Ben Tillman

"But mostly the piece is the entire history of the Pythons told chronologically," Tillman finishes. "This is ultimately what we set out to create."

And, ultimately, it may very well be the definitive Monty Python documentary.

Having spent so much time documenting the Monty Python crew, we asked the filmmakers what they believe is the group's most important mark on comedy.

"For me, the most important thing they've done is to give people the freedom to do whatever comedy they think is funny," Jones says.

"They've given people an opportunity to create a new kind of funny," Tillman adds.

Almost the truth

- Monty Python: Almost the Truth (the Lawyer's Cut) is now avaialble on DVD.



JASON KEMPIN/GETTY IMAGES

Actors Eric Idle, Terry Jones, Terry Gilliam and Michael Palin attend the IFC & BAFTA Monty Python 40th Anniversary event at the Ziegfeld Theatre in New York City.

Weekdays @ 9pm
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For October 26th
9 Miley Cyrus - Party In The USA
8 Donnie Wahlberg - I Got It
7 Ke$ha - Tik Tok
6 Belly Ft Snoop - Hot Girl
5 IYAZ - Replay
4 Faber Drive - G-get Up And Dance
3 Britney Spears - 3
2 Jason Derulo - Whatcha Say
1 David Guetta Ft Akon - Sexy Chick
WE WANT YOU!
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kidcraig@1013thebounce.com
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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/27/09 primetime	31	31	31 ABC	News Center 5	ABC Wld News	Inside Edition	Chronicle	Great Pumpkin, Charlie Brown		Dancing With the Stars		the forgotten
	7	7	7 ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	So You Think You Can Dance (HDTV) (N)				Wife Swap
	11	11	11 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (DVS)		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	La force	Virginie (SC)	La Facture	Providence (N) (SC)		Aveux (HDTV) (N) (SC)		Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel-Fortune	Jeopardy! (N)	NCIS "Deliverance"		NCIS: Los Angeles		The Good Wife
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	The Good Wife (HDTV)		NCIS "Deliverance"		NCIS: Los Angeles		News Final (N)
	9	9	9 CJCH	etalk	Hollywood	Law & Order: SVU		CSI: NY "Boo"		Dancing With the Stars		CTV News
	10	10	10 ELTV	(6) EastLink Television				Podium TV		Community Matters		
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	So You Think You Can Dance (HDTV)				Fox First
	12	12	12 NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser (N)				Jay Leno Show
	29	29	29 NW	To Be Announced		To Be Announced		To Be Announced		CBC News: The National		fifth estate
	4	4	4 PBS-B	NewsHour With Jim Lehrer		Greater Boston	La Plaza-Maria	Nova (HDTV) (DVS)		Frontline (N) (DVS)		Killer Stress
	35	35	35 PBS-D	NewsHour With Jim Lehrer		Business Rpt.	Worldfocus	Nova (HDTV) (DVS)		Warplane (DVS)		Frontline (N)
	68	68	68 TQS	Guerre clans	Wipe Out	Bienvenue	Rire et délire	Les Anges millionnaires		Pratique privée (N) (SC)		Wipe Out
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		After Hours	Market Call	Squeeze Play		Business News
	18	18	18 CNN	Situation Room-Wolf Blitzer		Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	Top 10	Golf Videos	Inside PGA	Schwab	Top 10	Top 10 (N)	Top 10	Big Break
	52	52	52 RSE	Connected W-Prime Time		Over the Bolts	Over the Bolts	Air Racing		UFC: Access	MMA Conn	Sportsnet Con.
	55	55	55 SCOR	Morency		Cabby Unlimit	Court Cuts	NBA-Preview	FullTiltPoker.net Million		Court Cuts	NBA-Preview
	45	45	45 SPD	Unique Whips		Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Jacked!
	53	53	53 TSN	Off the Record	SportsCentre	NHL Hockey Philadelphia Flyers at Washington Capitals. (HDTV) (Live)					SportsCentre	
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	*Scooby-Doo on Zombie Island* (1998)			*Scooby-Doo and the Cyber Chase* (2001)			Futurama	King of the Hill	American Dad
	26	26	26 TREE	Wonder Pets	3rd & Bird	Backyardigans	Nght Grdn	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27 YTV	iCarly	Garfield	OddParents	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
cable variety	16	16	16 A&E	CSI: Miami "Whacked"		Criminal Minds "Legacy"		The First 48 (HDTV)		Parking Wars	Parking Wars	Parking Wars
	70	70	70 APTN	APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	First Nation	Moose TV	Rez Rides
	50	50	50 BET	106 & Park: Hip-Hop Awards 2009 Pre-Show (N)				BET Hip-Hop Awards 2009 (HDTV) (N)				Monica: Still
	37	37	37 BRVO	Wind at My Back		Kathaumixw: A Thousand		Live at the Rehearsal Hall		A Tribute to the King of Rock & Roll		
	25	25	25 CMT	Star Crossed	Project Mom	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham
	153	153	153 COURT	Killer Next Door		Trace Evidence-Dr. Henry Lee		Cops Uncut	Dumb Criminal	Killer Forensics		Evidence
	38	38	38 DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Time Warp (N)
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters
	46	46	46 HIST	Ultimate Engineering		Ancient Discoveries		Cities of the Underworld		Cities of the Underworld		Engineering
	17	17	17 MM	Starmaker		One Tree Hill		Love Court	Video on Trial	Starmaker		MuchNews
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	H.S. Reunion
	201	201	201 M1	(6:45) *Moscow Zero* (2006, Suspense)			(8:20) *The Strangers* (2008, Suspense)			*Rendition* ★★ (2007, Suspense)		
	48	23	23 OLN	Mantracker		Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters
	51	51	51 PEACH	The Office	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Final Destin. 3*
	206	206	206 PIX	(6:30) *Bright Lights, Big City* (1988)			(8:20) *Top of the Food Chain* (1999)			*The Relic* ★★ (1997, Horror), Linda Hunt		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	The Outer Limits		*Wide Awake* (2007, Drama) Missy Peregrym.				Bones
	40	40	40 SLICE	Skin Deep	Skin Deep	Rich Bride, Poor Bride		Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		*The Hitcher* ★ (2007, Suspense)		
	14	14	14 SPIKE	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Scream 2009
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View Rod Stewart.		Dr. Oz Show
	21	21	21 TLC	Little Couple	Little Couple	Little Couple	Little Couple	Cake Boss	Cake Boss	18 Kids-Count	18 Kids-Count	Little Couple
	56	34	34 TROP	Prod. Parker	Prod. Parker	'70s Show	'70s Show	The Outer Limits		ET Canada	Switch	Family Guy
	20	20	20 TV5	Que.-champion	Journal de Fr2	Photographes de l'impossible		Pékin express				Avenirs
	28	28	28 V	Mysterious Ways "29"		Murder, She Wrote		Bless-Father	Dinnerladies	Quantum Leap		Unscripted (N)
	60	97	97 VIVA	Da Vinci's Inquest		Judging Amy		Missing The prime suspect.		The Closer "Next of Kin"		Da Vinci Inqust
	22	22	22 W	House-Sell	Style by Jury	Old Christine	Friends	Friends	Grocery Bag	Style by Jury	Style by Jury	Good Naked
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	90210 (HDTV)		Melrose Place (HDTV)		WGN News

critics' corner

It's the Great Pumpkin, Charlie Brown
So many Halloween TV specials these days are like getting a rock in your trick-or-treat bag, but some 43 years after its first airing, this animated gem remains one of the best, as idealistic young Linus patiently sits in his "sincere" pumpkin patch waiting for the Santa-like Great Pumpkin to reward him with Halloween largesse. Arguably second only to "A Charlie Brown Christmas" among the many "Peanuts" specials in terms of memorable moments. 9 PM on ABC



Top of the Food Chain
The title just drags you in. And if you're a resident of Exceptional Vista, you're probably kicking and screaming as you fight to not be eaten. This 1999 sci-fi film stars Campbell Scott as Dr. Lamonte, a scientist who tries to figure out why the people in this tiny Canadian town keep disappearing. 8:20 PM on PIX

Being Erica
Wait, isn't being able to keep a secret a good thing? That's what they told us when we were kids: Nobody likes a blabbermouth. But when Erica (Erin Karpluk) is caught in the middle after being told multiple secrets by multiple people, she realizes that keeping her mouth shut isn't always the best policy. Michael Riley and Tyron Leitso also star in the new episode "Shhh ... Don't Tell." 9 PM on CBC



MJ's kids in therapy: Sister

Four months after the death of their father Michael Jackson, his kids Paris, 11, Prince 12, and Blanket, 7, have turned to therapy to cope with their grief, Michael's sister LaToya Jackson tells London's Mirror newspaper, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Celebrity tweets

Gene Simmons has to work at fitting into his spandex trousers, Josh Groban is fine with other celebrities leaving Twitter, Kirstie Alley isn't interested in nice guys, and Diablo Cody finds her beauty regimen exhausting,

• @genesimmons
...cutting down on sweets...god help me, I love cookies...

• @joshgroban
I am waiting this quitting Twitter thing out until I'm the only one left. Mine I say!! Alll miiiine!! Mwa ha

• @kirstiealley
I don't want a man who "listens" and is "calm" grrrr...I want a man who is on fire and is wild and funny and is BRAVE..I love BRAVE men @diablocody

I feel like my entire life is just a losing battle with my eyebrows.



Madge plans to meet Mercy's dad in Malawi

FACE TO FACE During her trip to Malawi to establish a $15 million school, Madonna plans to meet three-year-old adopted daughter Mercy's father, usmagazine.com reports.

A source close to the pop star, 51, tells usmagazine.com that she will meet 24-year-old James Kambewa — who currently works odd jobs including serving as a night guard — for the first time during her humanitarian trip to the African nation.



"Madonna wants to meet Mr. Kambewa because she does not want to deny Mercy her background," a source tells Us. "Madonna wants to assure Mr. Kambewa that Mercy will not be delinked from her roots."

Still, another family member of Mercy's isn't happy with the pop star's plan. Mercy's uncle, Peter Baneti, tells Us that her family in Malawi doesn't approve of the meeting because Kambewa has only claimed paternity of Mercy after news of the adoption first emerged in April.

"We do not recognize Kambewa as Mercy's father," Baneti says. "He just came out of the woodwork to claim paternity while he was not there when my sister was pregnant."

METRO NEWS SERVICES

Ivanka ties knot with paper owner

WEDDING BELLS Jewelry designer and entrepreneur Ivanka Trump is a married woman, usmagazine.com reports.

The 27-year-old daughter of Donald Trump swapped vows with New York Observer owner Jared Kushner Sunday in New Jersey, the website has confirmed.

The afternoon nuptials took place on the grounds of the Trump National Golf Club in Bedminster, New Jersey. Ivanka wore a Vera Wang wedding gown, inspired by Grace Kelly.



"She was the most stunning bride," a rep for Ivanka tells Us. Despite a short engagement, Ivanka says the plan for her special day quickly fell into place — thanks to a wedding planner who kept her on task.

METRO NEWS SERVICES

Joe Jackson great dad: Sharpton

ALL YOU NEED IS TOUGH LOVE Al Sharpton singled out Joe Jackson as an outstanding parent. Jackson, who has weathered accusations of abuse from his children, especially his late son Michael Jackson, was recognized with an award by Sharpton's National Action Network over the weekend. "The arrogance of (people) attacking a man for being a stern father," Sharpton said.



METRO WORLD NEWS

True Blood co-stars find true love

ROMANCING THE SAND When Stephen Moyer proposed marriage to his True Blood co-star Anna Paquin, he looked to his onscreen character, Bill Compton, for a little inspiration, people.com reports. "There's a song Bill listens to in the car about a white sandy beach," Moyer says. "So we decided to go away for a break — to a white sandy beach — and that's where it happened."



Moyer, 39, and Paquin, 27, managed to keep their offscreen romance a secret on the set until an awkward love scene forced the actor to do the honourable thing.

METRO NEWS SERVICES

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ThisIsIt-Movie.ca
COLUMBIA PICTURES

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Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes
REGULAR ENGAGEMENT STARTS TOMORROW

Jen not the Botox kind

SHE'S A REALIST Jennifer Aniston admits she's tried Botox, but it's not for her. "You see women and you know they're not young but you can't tell how old they are," she says, according to Ireland Online. "It makes them look harder. The warmth in their face goes away. It is not a good look."

The former Friends star says instead that she plans to age gracefully — eventually — and is relying on a healthy diet to keep her looking good.



"I'm a realist," she explains. "If I eat burgers and fries everyday I wont get the parts I'm offered. I'd become a character actress. That might be fine one day, but not right now."

METRO WORLD NEWS

Haggis rejects Scientology

PROP 8 DEAL BREAKER Oscar-winning director Paul Haggis has resigned from the Church of Scientology over the controversial religion's backing of California's Proposition 8. "Their public sponsorship of Proposition 8, a hate-filled legislation that succeeded in taking away the civil rights of gay and lesbian citizens of California, ... shames us."

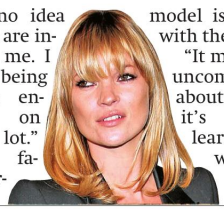


METRO WORLD NEWS

Kate questions her celebrity status

FAMOUS? ME? Kate Moss isn't a fan of being famous — and after all these years she still doesn't understand all the tabloid attention. "It's not me, it's a character I'm made into," she tells Observer Woman magazine.

"I have no idea why people are interested in me. I don't like being famous. It encroaches on your life a lot."



But the famous supermodel is learning to live with the spotlight.

"It makes me feel a bit uncomfortable talking about it, actually. But it's something I'm learning to deal with."

METRO WORLD NEWS



LiLo accepts life with paparazzi

SPOTLIGHT'S FINE Lindsay Lohan says she's learning to live and let live with the paparazzi. "I don't notice it," she tells Britain's Style magazine. "There are times when it drives me nuts, but it's been going on since I was 13. 10 years. I don't know if I can change it."



Lohan says she's flattered by the attention. "When I don't give people opportunities to write something, they make something up. It's flattering that they are that interested in me."

METRO WORLD NEWS

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Today Variable 5°/ -2°

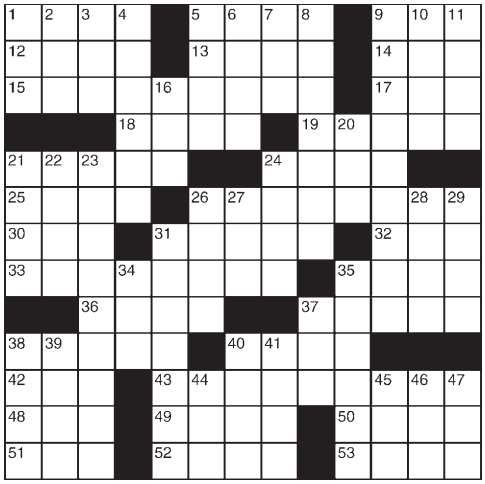
Wednesday Sunny 7° / 0°

Thursday Mainly sunny 8° / 0°

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Take Five



ACROSS

1 "— the night before ..."
5 Out on the briny
9 Branch
12 Near the treasure
13 Sci. course
14 Pi follower
15 Salad ingredient with a heart
17 Aviv preceder
18 You, to a Quaker
19 Bobby of Indy 500 fame
21 Nebraska city
24 Money of Ethiopia
25 Lean and supple
26 High- — (hockey infraction)
30 Superlative ending
31 Heart line?
32 Pirouette pivot
33 Airport listing
35 Sawyer's pal
36 Orsk's river
37 Surround
38 "Get lost!"
40 First victim
42 Spoon-bender Geller
43 Missile launchers
48 Extinct bird of New Zealand
49 Hiding spot
50 Shaving cream additive
51 Possess
52 Use a keyboard
53 Misrepresent

DOWN

1 Old airline initials
2 Kids' card game
3 Illustrations
4 Forge
5 Rue the run
6 Oxford, e.g.
7 "A mouse!"
8 Neil Diamond hit
9 Joint woe
10 Comical Caroline
11 Gangster's gal
16 Dance syllable?
20 Noah's creation
21 Hasn't paid yet
22 Catchall abbr.
23 Evoking Camelot
24 Nibble
26 Satan's buy
27 Bygone MTV show
28 Zilch
29 Well-bred chap
31 Inflexible
34 Mound stat
35 Guys
37 Puccini's "Un — di"
38 Wrestling style
39 Boast
40 On
41 Tour de France need
44 Siegfried's partner
45 Wapiti
46 Fish eggs
47 Evergreen type

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			5	3				4
1		4		8		5		
					9			8
	6	1	7	5		3		
		8				7		
		2		9	6	8	4	
6			4					
		3		6		2		9
8				2	5			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	9	7	3	2	4	1	8	5
4	1	5	9	6	8	7	3	2
8	2	3	5	1	7	4	6	9
7	8	9	6	4	3	2	5	1
2	5	6	1	8	9	3	4	7
3	4	1	7	5	2	6	9	8
9	7	2	8	3	6	5	1	4
5	3	8	4	7	1	9	2	6
1	6	4	2	9	5	8	7	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Pineapple Beef Stir-Fry

INGREDIENTS:

1 can (28 oz/796 ml) pineapple chunks
1/2 cup (125 ml) minced cilantro
1/4 cup (50 ml) soy sauce
1 tbsp (15 ml) ground ginger
1 lb (500 g) beef steak, thinly sliced
1 tsp (5 ml) cornstarch
2 tsp (10 ml) vegetable oil
1 medium red pepper, thinly sliced
1/2 cup (125 ml) cut fresh green beans
1 tbsp (15 ml) chopped chili peppers
2 garlic cloves, minced
2 green onions, sliced

METHOD:

1. Drain pineapple, reserving 1 cup (250 ml) pineapple and 3/4 cup (175 ml) juice (Save remainder for another use).
2. Combine cilantro, soy sauce, ginger and reserved pineapple juice. Remove 3/4 cup (175 ml); cover and refrigerate.
3. Combine beef and remaining marinade. Refrigerate 30 minutes. Discard marinade. Mix cornstarch and reserved juice mixture until smooth.
4. Stir-fry beef in oil 5-6 minutes. Remove beef with slotted spoon and keep warm. Add pepper, beans, chili peppers and garlic to skillet; stir-fry 5 minutes. Stir juice mixture into skillet.
5. Bring to boil; stir 1 minute or until thickened. Add onions, beef and reserved pineapple. Serve over rice.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Don't feel guilty about leaving boring tasks to others because the planets urge you to focus only on things that are new and exciting.

TAURUS ♉
APRIL 21-MAY 21
Don't make too many plans today because Saturn's change of signs on Thursday will disrupt things in unexpected ways.

GEMINI ♊
MAY 22-JUNE 21
You can tell without knowing why that something out of the ordinary is going to happen. But that is not an excuse to hide yourself away.

CANCER ♋
JUNE 22-JULY 22
You may have been running here, there and everywhere recently but now you must take life more slowly.

LEO ♌
JULY 23-AUG 23
Live for the moment and don't waste time wondering if things might have turned out better had you done this or that.

VIRGO ♍
AUG 24-SEPT 22
You may not understand why certain events had to happen but you do understand that you can't turn the clock back.

LIBRA ♎
SEPT 23-OCT 23
No matter how complicated life seems to get this week, you must never forget that there is always a simple explanation for all that happens.

SCORPIO ♏
OCT 24-NOV 22
The Sun in your sign will help to protect you from harm, but that's not an excuse to push boundaries beyond where you know they should be.

SAGITTARIUS ♐
NOV 23-DEC 21
The future is nowhere near as bleak or as barren as certain people are encouraging you to believe. Life always changes.

CAPRICORN ♑
DEC 22-JAN 20
If you feel like shutting yourself off from the world and being alone with your thoughts, do so.

AQUARIUS ♒
JAN 21-FEB 18
This should be a relaxed and enjoyable day for you and it will be more enjoyable still if you share it with people on the same wavelength.

PISCES ♓
FEB 19-MARCH 20
Despite past mistakes, you don't need to question if you are going about things in the right way.

TAKE A BREAK FROM WORK

Visit metronews.ca to watch metrotube of the day

This day in history

OCT. 27, 1795: The United States and Spain sign the Treaty of Madrid, which establishes the boundaries between Spanish colonies and the U.S.
OCT. 27, 1810: The United States annexes the former Spanish colony of West Florida.
OCT. 27, 1904: The first underground New York City Subway line opens; the system becomes the biggest in United States, and one of the biggest in world.
OCT. 27, 1922: United States Navy radioman Allen R. Schindler, Jr. is brutally murdered by shipmates for being gay, precipitating first military, then national, debate about gays in the military that resulted in the United States "Don't ask, don't tell" military policy.

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Hotel & Casino • 4 1/2★
Hotel rm. – Grand Tower
Jan. 10 • 3 nts.
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$649
+Taxes & other fees (including service charges): $158

Jamaica via Toronto
Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive • Oceanview rm.
Dec. 1 – 3, & 6 – 14 • 1 wk.
$889
+Taxes & other fees (including service charges): $281
Book and pay in full by Nov. 2
Please add $50 for Sat. & Sun. departures

Puerto Plata
Casa Marina Beach & Reef Resort • 3 1/2★
All-Inclusive
Standard garden view rm.
Feb. 24 & Mar. 3 • 1 wk.
$759
+Taxes & other fees (including service charges): $296
Book and pay in full by Oct. 31

Holguin via Toronto
Occidental Grand Playa Turquesa • 4★
All-Inclusive • Superior rm.
Nov. 21 – Dec. 12 • 1 wk.
$739
+Taxes & other fees (including service charges): $213

Orlando via Toronto
Disney's Pop Century Resort • 3★
Special offer 3 – Standard rm.
Dec. 1, 2, 8 & 9 • 1 wk.
$899
+Taxes & other fees (including service charges): $154

Ixtapa via Toronto
Barceló Ixtapa Beach • 4★
All-Inclusive • Standard rm.
Jan. 9 – 30 • 1 wk.
$1149
+Taxes & other fees (including service charges): $284

Varadero via Toronto
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Nov. 7 – Dec. 13 • 1 wk.
$789
+Taxes & other fees (including service charges): $213

Samana
Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Feb. 11 & 18 • 1 wk.
$999
+Taxes & other fees (including service charges): $296
Book and pay in full by Oct. 31

Liberia via Toronto
Occidental Grand Papagayo • 4 1/2★
All-Inclusive • Deluxe rm.
Jan. 2, 7, 9, 14, 16, 21 & 23 • 1 wk.
$1389
+Taxes & other fees (including service charges): $214
Book and pay in full by Nov. 2
Please add $50 for Sat. departures

DEAL to EUROPE

London
Barkston Gardens • 3 1/2★
Breakfast
Standard rm.
Dec. 5 • 4 nts.
$647
+Taxes & other fees (including service charges): $407

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Dec. 7 • 8 nts.
$1559
+Taxes & other fees (including service charges): $237

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Puerto Vallarta via Toronto
Meliá Puerto Vallarta • 4★
All-Inclusive
Deluxe garden view rm.
Dec. 5 • 1 wk.
PRIVILEGES
$1349
+Taxes & other fees (including service charges): $288

Punta Cana
Meliá Tropical • 4 1/2★
All-Inclusive
Deluxe junior suite
Mar. 6 • 1 wk.
$1399
+Taxes & other fees (including service charges): $296
Book and pay in full by Oct. 31


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